



LifeTimes

The Art of Living Well

FALL 2022

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Cancer Prevention and Detection

Dr. Oldham, Medical Director, Oncology and Hematology

There is no shortage of information about cancer screenings and prevention. From websites and blogs, to research and Google, it's hard to not be overwhelmed by all the opinions around this disease. The problem for most of us is judging the value of that information in our lives.

I find it's easiest and most practical to talk about the four most common cancers which account for nearly 80% of all human cancers. Those are lung, breast, colon/rectum and prostate cancers. The most important factors

to consider with each of these are the relative risk of developing the disease, the likelihood of death from that type of cancer and the best methods for prevention and screening for each.

Something important to remember is that keeping up with your physical health is vital in the prevention or early detection of cancers and other diseases. As a general rule, about 1 in 3 will be diagnosed with cancer during their lifetime and about 1 in 5 will die from cancer. There are many other factors to be considered such as age, comorbidities, social



Robert K. Oldham, MD
Oncology/Hematology

and family circumstances and several others that determine the frequency or necessity for screening. I encourage each person reading this article to have a conversation with

their physician about methods by which to maintain their health and when to schedule preventative screening tests and exams.

For more information on these services, please visit parrishhealthcare.com/oncology

	LUNG CANCER	BREAST CANCER	COLON/RECTAL CANCER	PROSTATE CANCER
RISK	1 in 15 Higher in men	1 in 8 in women Obesity and a strong family history of breast cancer	1 in 20	1 in 13 men
PREVENTION	Do not smoke Stop smoking if you do	Weight control	Early screening	Weight control Early screening
SCREENING	CT Scan of lungs every 1-3 years for smokers starting at age 50	Mammogram starting at age 40 or sooner with strong family history	Colonoscopy and testing the stool for blood starting at age 50	Prostate-Specific Antigen (PSA) test starting at age 50

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Let us know how you enjoy the LifeTimes newsletter, take the quick survey here: parrishhealthcare.com/surveylifetimes.

Breast Cancer Doesn't Care

How old you are

BUT WE DO.

From prevention to detection, treatment to support—we are here for you every step of the way.

Visit parrishhealthcare.com/oncology



Parrish Medical Center
951 N. Washington Ave.
Titusville, FL 32796

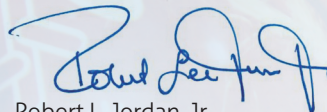


Healing Families—Healing Communities®

Chairman's Message

The holiday season is just around the corner, and family schedules can be hectic, especially during this time of the year. As difficult as it is to juggle the daily demands of busy schedules, it is so important to give ourselves an opportunity to slow down and recharge our minds and bodies. Holidays can be a tough time for those dealing with grief or loss and can take a toll on our mental and physical health. I'd like to encourage each of you to take some time to enjoy the sentiment of the season; gratitude, togetherness and hope for what the new year may bring. Allow yourself some time to enjoy a cup of coffee in silence or read a few chapters of a book you haven't found time to finish.

Most of all, take time to commit to healthy changes you may benefit from to make the rest of your life, the very best of your life. On behalf of my fellow board members and the care partners of Parrish Healthcare, we want to sincerely thank you for allowing us the honor to care for you and your loved ones. Happy Holidays!



Robert L. Jordan, Jr.



Robert L. Jordan Jr., Chairman

News & Notes



The Children's Center has some BIG News to share!

We are thrilled to announce that construction is underway at The Children's Center to bring a much needed service to North Brevard. Our new partner agency, Advanced Care Partners Prescribed Pediatric Extended Care serves families who have medically fragile children. Through this partnership, these children will have an opportunity to come to a place to interact, play, learn and grow with other children while having the medical care they need on a daily basis.

Visit parrishhealthcare.com/thechildrenscenter for more information.

LIVE, LAUGH, LEARN

EVENTS, SEMINARS & SUPPORT GROUPS

Look for updates and newly added events online at parrishhealthcare.com/events-calendar.

Need a Health Expert to speak to your group?

Our experts are available to speak to your group on important health issues.

Contact us at communications@parrishmed.com to schedule a speaker for your next meeting.

COMMUNITY OUTREACH

Community Cancer Presentation

Join Parrish Healthcare's oncology expert, Dr. Oldham, for a free educational event.

Thursday, November 10, 5:30 PM

Indian River Preserve, 3950 Walkabout Way, Mims, FL 32754

Learn more at parrishhealthcare.com/cancerevent

Volunteer Opportunities

Join our Volunteer Services team of care partners. Applications are now available.

Email volunteerservices@parrishmed.com, or visit parrishhealthcare.com/volunteer, or call 321-268-6685.

SUPPORT GROUPS

Cancer and Survivors Support Group

This group is for cancer patients, cancer survivors and anyone touched by the disease. Enjoy refreshments and talk with others sharing similar situations and experiences.

Third Wednesday monthly, 4-5:30 PM

Heritage Hall, 931 N. Washington Ave., Titusville

Visit parrishhealthcare.com/cancersupport to register.

Stroke and Heart Survivors Support Group

If you've experienced a diagnosis or event, or are caring for someone living with heart disease or stroke, our community is here to support you.

Third Tuesday monthly, 2-4 PM

Heritage Hall, 931 N. Washington Ave., Titusville

Visit parrishhealthcare.com/strokeandheartsupport to register.

Caring for Caregivers Support Group

Second and fourth Thursday monthly 9:30-11:30 AM

Heritage Hall, 931 N. Washington Ave., Titusville

Visit parrishhealthcare.com/caregiverssupport to register.

Board Members

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THURSDAY, DEC. 1ST
5:30 to 7:30 PM

Gift of Light

HONOR
A LOVED ONE



- * \$35 or more per honoree—a light on the holiday tree.
- * \$100 or more per honoree—a light on the star and recognition on the Wall of Honor at Parrish Medical Center throughout the following year.
- * Sponsorship opportunities starting at \$500.

Join us for our annual holiday community celebration.

Honor a loved one by placing a light on the holiday tree.

The event is free and everyone is invited.

- * Hot Chocolate and Baked Goods
- * Face Painting and Holiday Crafts
- * Musical Entertainment and Dance Performances
- * Photos with Santa and Mrs. Claus
- * Food Trucks
- * Many more surprises!

For more information contact Jess Parrish Medical Foundation at 321-269-4066, or visit parrishhealthcare.com/giftoflight

